



CALISTHENICS  
VICTORIA

Solos



— 2024 —  
SOLO / DUO / TRIO  
RULES

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# 2024 Solo/Duo/Trio Rules

## SUB-SECTION 1: CONDITIONS OF ENTRY

### 1) Ages

- a) The minimum age for all competitors is;
  - i) Calisthenic Solo – 5 years as of 31 December 2024
  - ii) Graceful Solo – 8 years as of 31 December 2024
  - iii) Duo – 8 years as of 31 December 2024
  - iv) Trio - 11 years as of 31 December 2024
- b) Duo/Trio competitors must compete in their correct age group as follows (performers cannot work up/down an age group):
  - i) 8-10 yrs – Sub Juniors Duo
  - ii) 11-13 yrs – Juniors Duo/Trio
  - iii) 14-17 yrs – Intermediates Duo/Trio
  - iv) 18+ yrs – Seniors Duo/Trio
  - v) 26+ yrs – Seniors/Masters Duo (dependent on team section competing in)

	5 – 7 yrs	8 – 10 yrs	11 – 17 yrs	18+ yrs (Seniors)	26+ yrs (Masters)
Calisthenic Solo	✓	✓	✓	✓	✓
Graceful Solo		✓	✓	✓	✓
Duo		✓	✓	✓	✓
Trio			✓	✓	
		Can compete in <b>all 3</b> sections offered	Can compete in <b>all 4</b> sections offered	Can compete in <b>all 4</b> sections offered	Can compete in <b>all 3</b> sections offered

### 2) Eligibility

- a) Entrants in solo/duo/trio sections must be registered with Calisthenics Victoria by 16th February 2024.
- b) Solo/Duo/Trio performers must compete in 1 team item at Victorian State Championships in the same year of competition (excluding males over 14 yrs of age).
- c) Interstate Competitors:
  - i) Performers must provide proof that they are registered with their State Calisthenics Body and compete in 1 team item in their own states' main competition.
  - ii) Are not eligible to compete at Calisthenic Victoria State Championships
- d) Solo/Duo Coaches must be correctly registered with their applicable State Body.
- e) Males of all ages are eligible to perform in solos in 2024. Males up to and including 14 yrs of age as at 31 December 2024 can also perform in duos & trios in 2024.

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## 3) Entries

- a) Competitions must be entered as per competition entry information available on the CaliVic website.
- b) No late entries will be accepted unless exceptional circumstances are proven. Calisthenics Victoria reserves the right to determine exceptional circumstances, a late administration fee of \$50.00 per item entry will apply.

## 4) Refunds

- a) Refunds (minus a \$10.00 administration fee) are only available after entries close provided a medical certificate is submitted using the required refund request form. No other refunds will be offered after entries close.

## 5) Gradings

- a) Solo competitors must compete as graded by the Calisthenics Victoria Solo Grading Committee, unless sections are combined.
- b) All competitors must apply for a grading and performer name must appear on the grading list in order to compete.



# 2024 Solo/Duo/Trio Rules

## SUB-SECTION 2: COMPETITION RULES



### 1) Non-Appearance

- a) 24 hours' notice must be given to the competition supervisor of a pending non-appearance for reasons other than illness.

### 2) Risk Management and OH&S

- a) Solo/Duo/Trio performers must not knowingly perform at a competition with an infectious disease or illness.
- b) In the event of an onstage injury, coaches/guardians are responsible for stopping the item and removing the injured competitor, or an adjudicator may ring their bell. If this is not done, the Stage Manager will then assume responsibility.
  - i) The performer(s) may re-present their item and will be eligible to gain a place.
- c) Competitors appearing with existing injury do so at their own risk. Calisthenics Victoria personal accident insurance does not cover pre-existing injury or illness.
- d) Competitions must have a First Aid Kit available at each venue throughout the length of competition.
- e) All participants at competitions are required to follow the venue Risk Management requirements as per information distributed with schedules (subject to restrictions at competition time).

### 3) Admission Prices

- a) Admission prices are set by Calisthenics Victoria.
- b) Companion Card Holders are entitled to concession priced entry and the carer they are with receives complementary admission. The carer must be with the person requiring care at the time of purchase. Companion Tickets are only able to be purchased at the ticket box. The Companion Card contains a photo ID of the person it is allocated to.
- c) Concessions are applicable to holders of Australian Government Pensioner Concession Cards (Aged, Disability, Veterans Affairs etc.) and Health Care Card Holders.
- d) Seniors Cards are not valid for concession prices at Calisthenic events.
- e) The Calisthenics Victoria age for children' tickets is 17 years & under, with free admission for children 3 years & under – seated on parent lap in allocated seating session (unless venue policies specify otherwise).
- f) Free admission will only be given to one Registered Coach per competitor.

### 4) Combined/Split Sections

- a) Where fewer than 5 entries are received in a section, sections will be combined in relation to age and region. Calisthenics Victoria reserves the right to reduce this minimum number in exceptional circumstances.

# 2024 Solo/Duo/Trio Rules

- b) Where fewer than 3 entries are received for Duos/Trios the section will be cancelled and entry fees refunded. Calisthenics Victoria reserves the right to reduce this minimum number in exceptional circumstances.
- c) Where divisional, Open Reserve & Open Competitors are combined at Regional Solo Competitions the following additional points will be added to the performer score.
  - i) 1 point added for each graded division away from the highest graded competitor.

<b>Example 1:</b> Section with Open performer, Open Reserve performer and Division 2 performer	<b>Example 2:</b> Section with Division 1, Division 3, Division 6 performers
Open Performer = no extra points Open Reserve Performer = +1 point Division 2 Performer = +3 points	Division1 Performer = no extra points Division 3 Performer = +2 points Division 6 Performer = +5 points

- d) If a Regional Competition does not receive enough entries to run separate section for each **age group**, age sections are able to be combined in consultation with Calisthenics Victoria.

## 5) Males in Dressing Rooms

- a) Non-competing males can drop off and collect their children from the dressing room only but cannot stay in the change room during competition.
- b) Competing males will be allocated a separate dressing room from female performers.

## 6) Photography

- a) Photography is prohibited backstage in dressing rooms and of any performers on stage or during results.

## 7) Results

- a) Results will be presented at the conclusion of each section. Performers will stand side stage and only enter the stage again if receiving an award.

# 2024 Solo/Duo/Trio Rules

## SUB-SECTION 3: TECHNICAL RULES

### 1) Item Requirements

- a) Graceful solo – item must have a balance of aesthetic movement and elevated dance steps/dance.
- b) Calisthenic solo, Duo & Trio – item must have a balance of calisthenic physical work and dance.

### 2) Banned Movements

- a) The following movements are banned up to and including **Junior age group** only;
  - i) Handstand to forward roll
  - ii) Rotation from straddle into a standing lunge
  - iii) Walkover where entire weight is on one arm (excluding valdez)
  - iv) Lowering head to floor from handstand and pushing into walkover
- b) The following movements are banned for **ALL age groups**;
  - i) Handstand to chest drop
  - ii) Fish flop
  - iii) Any gymnastic movement (*except for side aerial*) originating from a run-up and/or spring (including but not limited to)
    - Cartwheel with a run-up
    - Dive-roll
    - Spring into handstand
    - Spring into walkover
    - Round-off
    - Hand springs
    - Head springs
  - iv) Bridge holding ankles
  - v) Revolving head stand
  - vi) Chest roll and all variations of this movement
  - vii) Supported chest balance
  - viii) Rod in mouth
  - ix) Walking on the top of the foot or walking 'en pointe' without shoes
  - x) Front (Forward) Aerial

### 3) Minimum/Maximum Number & Stage Area

- a) The specified number of competitors must remain on stage and be visible throughout the item, excluding entry/opening and exit/closing.
  - i. Duos – minimum/maximum = 2
  - ii. Trios – minimum/maximum = 3
- b) Taped side lines define the working area of the stage or if not taped then the side wings define the working area.
- c) Entry & exit to stage is via the following means only: entry from side wings, entry from back, start/end on stage in blackout.

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## 4) Props

- a) No sparklers, flames, gun powder, party poppers, or any highly flammable materials
- b) No glass, glass glitter, glass bugles
- c) No drawing pins
- d) No live animals
- e) No attachments to any curtains
- f) Hand-Held props – a prop that can be **carried** onto the stage by one performer only, can be stored in dressing room, and does not need a sandbag to be placed.
- g) Hand-Held props can be placed on stage by the individual performer in blackout prior to item commencing and can finish on the floor at the conclusion of an item. Performers may not return to the wings prior to the item starting to bring on multiple hand props. They must put props on in 1 trip and at the conclusion of the item carry them off in one trip. Hand-props can be passed/thrown to performer or onto stage during the item from off-stage but are still required to be able to be carried off in 1 trip at the conclusion of the item by the individual performer. This rule is overseen by the Stage Manager/MC of the competition on the day.
- h) Large props – a prop that cannot be carried by one performer alone and requires sandbags to be set on stage.

	HAND-HELD PROPS	LARGE PROPS
Calisthenic Solo	Yes	No
Graceful Solo	Yes	No
Duo	Yes	No
Trio	Yes	No

## 5) Lighting

	BLACKOUT (entry & exit only)	FULL LIGHTING & DLP (lighting sheet required)	SMOKE/HAZE (if available)	FOLLOW SPOT
Tinies – 5, 6, 7 yrs	Yes	No	No	No
Sub Juniors – 8, 9, 10 yrs	Yes	No	No	No
Sub Juniors Open Solos & Open Duo	Yes	Yes – state champs only	Yes – state champs only	Yes – state champs only
Juniors – 11, 12, 13 yrs	Yes	No	No	No
Juniors Open Solos & Open Duo	Yes	Yes – state champs only	Yes – state champs only	Yes - state champs only
Inters – 14, 15, 16, 17yrs	Yes	No	No	No
Inters Open Solos & Inter Open Duo	Yes	Yes – state champs only	Yes – state champs only	Yes - state champs only
Seniors – 18+ yrs	Yes	No	No	No
Seniors Open Solos, Open Reserve Solos, Open Duos	Yes	Yes – state champs only	Yes – state champs only	Yes - state champs only
Masters	Yes	No	No	No
Masters Open Solos & Open Duos		Yes – state champs only	Yes – state champs only	Yes - state champs only



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## 6) Music Time Limits

- a) Time limits are based on music track length (ie: entire track including silence). A piece of music cannot exceed the maximum length and not be shorter than the minimum length stated below.

AGE GROUP	MINIMUM MUSIC LENGTH	MAXIMUM MUSIC LENGTH
5 - 10 yrs (Tinies & Sub Juniors)	1 minute, 30 seconds	2 minutes, 30 seconds
11, 12, 13 yrs (Juniors)	2 minutes	3 minutes
14+ years (Inters & Seniors)	2 minutes	3 minutes 15 seconds
Senior Open, Open Reserve + Senior Open Duo	2 minutes, 30 seconds	3 minutes, 30 seconds
Masters	2 minutes	3 minutes

## 7) Curtains

	HOUSE CURTAIN	MID CURTAIN	BACK CURTAIN (page only if available at venue)	SCRIM	CYC
Tinies – 5, 6, 7 yrs	No	No	Yes	No	No
Sub Juniors – 8, 9, 10 yrs	No	No	Yes	No	No
Sub Juniors Open Solos & Open Duo	No	No	Yes	No	Yes – state champs only
Juniors – 11, 12, 13 yrs	No	No	Yes	No	No
Juniors Open Solos & Open Duo	No	No	Yes	No	Yes – state champs only
Inters – 14, 15, 16, 17yrs	No	No	Yes	No	No
Inters Open Solos & Inter Open Duo	No	No	Yes	No	Yes – state champs only
Seniors – 18+ yrs	No	No	Yes	No	No
Seniors Open Solos, Open Reserve Solos, Open Duos	No	No	Yes	No	Yes – state champs only
Masters	No	No	Yes	No	No
Masters Open Solos & Open Duos	No	No	Yes	No	Yes – state champs only

NB: Side legs (wings) are not to be moved on any occasion by coaches or competitors.

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## 8) Results

- a) Adjudicators must not leave one eligible performer only without an award (a minimum of two performers must be left unplaced or all performers must be placed). Performers who have received a banned movement breach are not eligible to be placed.
- b) No equal placings should be given for 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> by an individual adjudicator.

## 9) Penalties for Breach of Rules

BREACH OF BANNED MOVEMENT	BREACH OF TECHNICAL RULE	BREACH OF COMPETITION RULE OR ENTRY RULE
Ineligible to receive a mark or place in item in which movement is performed in	-5 points	Fine as determined by Calisthenics Victoria or deregistration of coach/club

## 10) Technical Error

- a) A technical error is any failure of music or DLP or extreme lighting failure (ie: blackout in middle of item)
- b) The responsibility to call the technical error is with the stage manager/MC in consultation with the coach.
- c) The soloist can represent up to twice more only (at the discretion of the MC/Stage Manager/Supervisor) and be eligible for a place without a penalty.

## 11) Re-performance

- a) If a performer runs off stage due to lapse of memory or injury they may have the opportunity to reperform once more only without penalty and are eligible to place.

## 12) Right of Review for Technical Rules/Banned Movements Breach

- a) A Right of Review for a technical rule or banned movement penalty is only available when the competition is being recorded by videographer. This will be overseen by competition supervisor in conjunction with the Adjudicator.
- b) The Coach/performer (parent if under 18) will be notified prior to the end of the section, results will be deferred pending review of video and outcome of review being finalised.